

LIBERTY CATERING

BY MAUI WOMEN

A Department Of Domestic Economy Intended To Serve A Patriotic Purpose In Conserving Food Needed By The Allied Armies In Europe

A Letter From Mrs. Blake To Her Mother.

Makahi Wahi, Maui, May 17, 1917.
My Dear Mother:

Just now I am engaged in a strenuous campaign against Mr. H. C. L. It is going to be a struggle but I am bound to win.

Mrs. Dean and Margaret are working with me. We have decided that the first thing to do is to find out just how much food our families really need. Our husbands are with us in this campaign.

Mrs. Jacobs and Mrs. Sales are interested and want to work with us but unfortunately their husbands have made up their minds that they have a "right" to all the food they can afford to buy and they don't "want to hear any more or such foolishness; time enough for that when the government steps in to regulate what a man shall eat!" Mrs. S. has given up, discouraged, but Mrs. J. is quick-witted and I imagine that her family will be the most strictly dieted of any, only they will not know it. Even if she does accomplish this, she will lose a lot of the pleasure the rest of us are getting by planning things out together.

I am expecting a lot of help from your letters. This is just what we have needed for several years.

We have a few general principles to work from.

1—By economy we mean freedom from extravagance and waste; making the best use of what we have or can reasonably get.

2—We mean to include all food elements in their proper proportion and needed amounts. For instance, though we use so many vegetables we have to use some butter, meat, cream, cheese and milk to keep our diet well balanced. We will try to combine the needed amounts in such a way that the vegetables will be palatable.

3—We will try to use very freely the vegetables that are most abundant, thus saving waste. For instance, just now the Haiku people have a large crop of onions, and there are many carrots and beans to be had. We are planning to use them freely as long as they are plentiful.

4—We will try to find island products as many substitutes as possible for the foods we are accustomed to import. The other day we were at Lahaina and brought home some tamarinds. They will keep for months if sealed, rolled in sugar and packed in a jar. They can often be used in place of lemons. For breakfast we use two cakes in place of toast thus reducing the amount of flour we buy.

We are going to vary the cooking of vegetables that we may not get tired of them. Do you remember Aunt Esther telling of the early days in the middle west; how for ten weeks they were snow-bound and could get no supplies? At the last they had little but potatoes to eat. After twenty years she still disliked potatoes.

Fred and I are both anxious to have the children eat everything that agrees with them. For that reason I shall take especial pains to vary the ways of cooking and serving each vegetable.

Following Atwater's standard I have made the following schedule for my family. I have classified Fred as a moderately active work. I am at moderately active work. Gretchen at sixteen needs the same as I. Richard at nine and Grandmother at seventy-five need the same amounts. Little Jean I am calling five as her birthday comes so soon.

It is not easy to find the calory value of our everyday foods. Both "Good Housekeeping" and "American Cookery" give some calory tables that are very helpful. Please send me any other tables that you may find.

The Honolulu Papers as well as the "Maui News" are publishing articles that are of great assistance.

I have written at such great length because I know how interested you are in all my problems.

Your loving daughter,
MARIAN.

CARROTS

(a) Cook in boiling salted water until tender. Dress with salt, pepper, butter, simmering for a few minutes till well coated with the butter.

(b) Cut in halves, roll in egg and crumbs and fry in olive oil or butter till brown.

(c) Cut in strips, roll in brown sugar, and fry in a mixture of 2 lbs., butter and 1 tbl. lemon juice with a dust of cayenne. When served, sprinkle with minced parsley.

(d) Serve in cream sauce.

(e) Put thinly sliced boiled carrots in saucepan, add for every 6 carrots used 2/3 cup each of sugar and butter and 1 tbl. finely minced mint leaves. Cook until tender and well glazed and serve with a border of creamed peas.

(f) Cube raw carrots and wash. Take up dripping wet and put into saucepan with 1 tbl. melted butter. Season with cayenne, salt, 1 t., curry powder. Cover closely and cook slowly until carrots cook in their own steam. Add a little water if needed, but carrots should be dry when done.

(g) After boiling and slicing rather thinly, put in roasting pan with meat. Edges of carrots will be brown and crisp. Very tasty.

(h) German Carrots: Melt 3 tbl. butter in saucepan, add 2 sliced onions and fry till brown. Add 4 cups diced carrots, 2 ts. sugar. Cover and simmer 30 minutes, then add 2 ts. minced parsley, 1 cup cream and 2/3 ts. salt. Bring to boil and serve at once.

(i) Scalloped Carrots: Boil unpeeled carrots until tender in scant amount of water, with 2 small onions. Peel and slice carrots thinly when cold, and mix with onion. Put in baking dish, sprinkle with salt and pepper, dot with butter, cover with 1 cup milk mixed with 1 well beaten egg. Sprinkle bread crumbs on top and bake brown.

(j) In Toast Shells: Cream left over carrots. Cut stale bread about 2 inches thick and scoop out to make cups, but don't break thro' bottom. Brush over with shortening and toast brown in oven. Fill with hot creamed carrots well seasoned.

(k) Carrot Stew: Take 1 cup dried corn, 1 cup cooked diced carrots 1 cup cooked diced potatoes. Fry 1 minced onion in 1 tbl. butter, add vegetables, 1/2 cup cream and seasoning. Simmer about 10 minutes and served quickly.

(l) Carrots au Gratin: In baking dish put 3 cups diced raw carrots and cover with 1 cup stock. Season with salt, paprika, a little dry mustard and 1/2 onion chopped, and 1 green pepper. Bake in hot oven, 20 minutes. Turn over this, 1 1/2 cups milk mixed with 1 well beaten egg and sprinkle with 1/2 cup grated cheese. Put back into hot oven and brown.

(m) Vegetable Roast Dressing: Grind together 6 carrots and 3 onions. Mix with 5 soda crackers broken small and add as much boiling water as they will absorb. Add 1 beaten egg, 1/4 cup drippings, 1/2 ts. poultry seasoning and 1 ts. salt and mix well. Pack around a meat roast and cook at least 1 1/2 hours.

1. Salads

(a) Grate raw carrots, season with salt and paprika. Serve on lettuce with ice cold mayonnaise.

(b) Take grated raw carrot as a foundation, add 1 cup finely chopped tender cabbage, 1/2 cup chopped celery, 1 tbl. lemon juice and 1/2 ts. salt. Mix with boiled dressing or a mayonnaise. Also good with peas, young onions, radishes, chopped nuts and apple.

(c) Wash scrap and grate 2 carrots. Mince an onion and dice a potato. Add these to the carrots. Cover with boiling water and cook 30 minutes. Press through a colander. Add 1 qt. hot milk and 2 tbl. butter that has been blended with 2 tbl. flour. Boil up well and season to taste. Is improved by adding 1 minced green pepper.

(d) 4 good sized carrots; 2 potatoes; 2 onions; 2 sticks celery (can be left out.) Cut up and fry brown in butter. Put into a sauce-pan with 1 qt. of hot water and cook until soft. Press through a sieve, and return to fire, adding 1 tablespoonful of butter and 1 tablespoonful of minced parsley, and salt and pepper to season. Have ready 1 pint of hot milk thickened with 1 or 2 tablespoonful of flour. Add to the soup, bring to a boil and

served with croutons.
4. As a Sweet Course

(a) Carrot Puffs: Press cooked carrots through colander. Add 1 cup sugar, 2 tbl. melted butter, 1 ts. lemon juice, and 1/2 ts. salt. Beat to a light smooth paste add 1/4 cup cream, and some chopped almonds. Bake in small greased tins and serve with cream.

(b) Carrot Pie: 2 carrots boiled and mashed, 2 beaten eggs, 1/2 cup sugar, 2 tbl. each of cracker crumbs and butter and 4 tbl. rich milk. Bake in an undercrust only.

(c) Carrot Pudding: Cream 1 tbl. butter and 1 cup brown sugar. Add 1 well beaten egg, 1/2 cup milk, 1 cup grated carrots, 1 ts. each of cinnamon, all spice and baking soda, 1/2 ts. nutmeg and cloves, 1 cup bread crumbs, 1 cup flour, 1/2 cup raisins and 1/2 ts. salt. Steam in buttered mold 3 hours and serve with hard sauce.

(d) Carrot Jam: Take 1 lb., cooked carrot pulp, 1 lb. sugar, 1 finely chopped lemon peel and juice and 1/2 ts. cinnamon. Boil 1/2 hour, skimming it until clear jam is left to put in jar.

(e) Carrot Pickles: Cut carrots in thick slices and boil in salted water until tender. Take 1/2 cup sugar, 1 cup vinegar, 1 cup water, 6 cloves and a little cinnamon. Boil all together, then add carrots, about 2 qts., and cook slowly till thick enough to bottle.

5. Stew With Dumplings
Heat tbl. shortening in sauce-pan, fry 1 sliced onion till brown, add 1 qt. hot water and 2 carrots sliced, with salt to taste. Boil till tender, adding water if necessary, then add dumplings and serve with meat.

6. Croquettes
Press soft boiled carrots through colander. Mix with about 6 carrots, 1 cup chopped meat, 1 well beaten egg, 1 tbl. butter, 2 tbl. bread crumbs, 1/2 ts. salt, dash pepper and parsley. Shape into cones and fry as croquettes. A little peanut butter added is an improvement. Also nice to serve with browned Hamburg steak.

7. Potatoes With Carrots
Chop coarsely enough potatoes to make a pint and boil for half an hour with an equal amount of chopped carrots. Season and cover with white sauce or thickened cream.

Nex Week—"ONIONS."

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Wholesale only.

Week ending, May 26, 1917.

BUTTER AND EGGS.

Island butter, lb. cartons 40
Eggs, select, doz. 50
Eggs, No. 1, doz. 48
Eggs, Duck doz. 35

POULTRY.

Young roosters, lb. 40 to 43
Hens, lb. 30 to 32
Turkeys, lb. 45
Ducks, Musc. lb. 30 to 32
Ducks, Pekin, lb. 30 to 32
Ducks, Haw. doz. 6.75

VEGETABLES AND PRODUCE.

Beans, string, green03
Beans, string, wax04
Beans, Lima in pod None
Beans, Maui red (None) None
Beans, Calico, cwt. (None) None
Beans, small white None
Beans, Small white None
Peas, dry ls. cwt. None
Beets, doz. bunches30
Carrots, doz. bunches40
Cabbage, cwt. 3.00 to 3.50
Corn, sweet 100 ears 2.50
Corn, Haw. sm. yel. (None) 2.50
Corn, Haw. lg. yel. (None) 6.00
Rice, Jap. seed cwt. 6.50
Rice, Haw. seed cwt. 6.50
Peanuts, lg. lb. (None)06
Peanuts, sm. lb. (None)06
Green peppers, bell05
Green peppers chili05
Potatoes, ls. l. 4.00 to 4.75
Potatoes, sweet, cwt. 1.75
Potatoes sweet red cwt. 1.70
Taro, cwt.90 to 1.10
Taro, bunch15
Tomatoes12
Green peas, lb.08
Cucumbers, doz. 40 to 50
Pumpkins, lb.01 1/2

FRUIT.

Bananas, Chinese, bunch 20 to 50
Bananas, cooking, bunch 75 to 1.00
Figs, 100 1.00
Grapes, Isabella, lb.10
Limes, 100 75 to 1.00
Pineapples, cwt. 1.50
Papayas, lb.02
Strawberries 20 to 25

LIVESTOCK.

Beef, cattle and sheep are not bought at live weights. They are taken by the meat companies dressed and paid for by dressed weight.
Hogs, up to 150 lb. 13 to 14 1/2
Hogs, 150 and over 12 to 13

DRESSED MEATS.

Beef, lb. 13 1/2 to 14
Veal, lb. 14
Mutton, lb. 19
Pork, lb. 18 1/2

HIDES, Wet Salted.

Steer, No. 1, lb.20
Steer, No. 2, lb.19
Steer hair slip18
Kips, lb.20
Goat, white20 to .30

FEED.

The following are quotations on feed f.o.b. Honolulu:
Corn, sm. yel. ton \$2.00 to \$5.00
Corn, lg. yel. ton 79.00 to \$2.00
Corn, cracked, ton \$2.00 to \$6.00
Bran, ton \$9.00 to \$8.00
Barley, ton \$9.00 to \$7.00
Scratch food, ton \$9.00 to \$6.00
Oats, ton 70.00
Wheat, ton 105.00
Middling, ton \$8.00 to \$7.00
Hay, wheat, \$4.00 to \$4.00
Hay, Alfalfa 45.00

N. SANO

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Just received a new stock of
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Phone

Market Street Wailuku

MATSON NAVIGATION CO.
1917 PASSENGER SCHEDULES AND PORTS OF CALL

STEAMER	Voyage	Leave San Francisco	Arrive Honolulu	Honolulu Leave	Arrive Hilo	Arrive Kahului	Leave Hilo	Leave Kahului	Honolulu Arrive	Leave Honolulu	Arrive San Francisco
Maui	2	May 2	May 8	May 10	May 11	May 12	May 13	May 14	May 15	May 16	May 22
Manoa	42	May 8	May 15	May 17	May 18	May 19	May 20	May 21	May 22	May 23	May 29
Matsonia	44	May 16	May 22	May 24	May 25	May 26	May 27	May 28	May 29	May 30	June 5
Wilhelmina	95	May 22	May 29	May 31	June 1	June 2	June 3	June 4	June 5	June 6	June 12
Maui	3	May 30	June 5	June 7	June 8	June 9	June 10	June 11	June 12	June 13	June 19
Manoa	43	June 5	June 12	June 14	June 15	June 16	June 17	June 18	June 19	June 20	June 26
Matsonia	45	June 12	June 19	June 21	June 22	June 23	June 24	June 25	June 26	June 27	July 3
Wilhelmina	96	June 19	June 26	June 28	June 29	June 30	July 1	July 2	July 3	July 4	July 10
Maui	4	June 27	July 3	July 5	July 6	July 7	July 8	July 9	July 10	July 11	July 17
Manoa	44	July 3	July 10	July 12	July 13	July 14	July 15	July 16	July 17	July 18	July 24
Matsonia	46	July 10	July 17	July 19	July 20	July 21	July 22	July 23	July 24	July 25	July 31
Wilhelmina	97	July 17	July 24	July 26	July 27	July 28	July 29	July 30	July 31	Aug. 1	Aug. 7
Maui	5	July 25	July 31	Aug. 2	Aug. 3	Aug. 4	Aug. 5	Aug. 6	Aug. 7	Aug. 8	Aug. 14
Manoa	45	July 31	Aug. 7	Aug. 9	Aug. 10	Aug. 11	Aug. 12	Aug. 13	Aug. 14	Aug. 15	Aug. 21
Matsonia	47	Aug. 7	Aug. 14	Aug. 16	Aug. 17	Aug. 18	Aug. 19	Aug. 20	Aug. 21	Aug. 22	Aug. 28
Wilhelmina	98	Aug. 14	Aug. 21	Aug. 23	Aug. 24	Aug. 25	Aug. 26	Aug. 27	Aug. 28	Aug. 29	Sept. 4
Maui	6	Aug. 22	Aug. 28	Aug. 30	Sept. 1	Sept. 2	Sept. 3	Sept. 4	Sept. 5	Sept. 6	Sept. 12
Manoa	46	Aug. 28	Sept. 4	Sept. 6	Sept. 7	Sept. 8	Sept. 9	Sept. 10	Sept. 11	Sept. 12	Sept. 18
Matsonia	48	Sept. 4	Sept. 11	Sept. 13	Sept. 14	Sept. 15	Sept. 16	Sept. 17	Sept. 18	Sept. 19	Sept. 25
Wilhelmina	99	Sept. 11	Sept. 18	Sept. 20	Sept. 21	Sept. 22	Sept. 23	Sept. 24	Sept. 25	Sept. 26	Oct. 2
Maui	7	Sept. 19	Sept. 25	Sept. 27	Sept. 28	Sept. 29	Sept. 30	Oct. 1	Oct. 2	Oct. 3	Oct. 9
Manoa	47	Sept. 25	Oct. 2	Oct. 4	Oct. 5	Oct. 6	Oct. 7	Oct. 8	Oct. 9	Oct. 10	Oct. 16
Matsonia	49	Oct. 2	Oct. 9	Oct. 11	Oct. 12	Oct. 13	Oct. 14	Oct. 15	Oct. 16	Oct. 17	Oct. 23
Wilhelmina	100	Oct. 9	Oct. 16	Oct. 18	Oct. 19	Oct. 20	Oct. 21	Oct. 22	Oct. 23	Oct. 24	Oct. 30
Maui	8	Oct. 17	Oct. 23	Oct. 25	Oct. 26	Oct. 27	Oct. 28	Oct. 29	Oct. 30	Oct. 31	Nov. 6
Manoa	48	Oct. 23	Oct. 30	Nov. 1	Nov. 2	Nov. 3	Nov. 4	Nov. 5	Nov. 6	Nov. 7	Nov. 13

Schedules shown above are exact between San Francisco and Honolulu, and vice versa, but are approximate as to length of time spent at Island ports of call.

NOTICE TO CREDITORS

The First National Bank of Wailuku located at Wailuku, Maui Territory of Hawaii, is closing up its affairs. All note holders and others, creditors of said Association, are therefore hereby notified to present the notes and other claims against the Association for payment.

J. GARCIA, Cashier.

NOTICE TO CREDITORS

The Lahaina National Bank, located at Lahaina, Maui Territory of Hawaii, is closing up its affairs. All note holders and others, creditors of said Association, are therefore hereby notified to present the notes and other claims against the Association for payment.

F. N. LUFKIN, Cashier.

NOTICE TO CREDITORS

The First National Bank of Paia, located at Paia, Maui Territory of Hawaii, is closing up its affairs. All note holders and others, creditors of said Association, are therefore hereby notified to present the notes and other claims against the Association for payment.

W. O. AIKEN, Cashier.



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HONOLULU

Time Table--Kahului Railroad Co

Daily Passenger Train Schedule (Except Sunday)

The following schedule went into effect June 4th, 1913.

TOWARDS WAILUKU						TOWARDS HAIKU					
9	7	5	3	1	Distance	Distance	2	4	6	8	10
PM	PM	PM	AM	AM	Miles	Miles	AM	AM	PM	PM	PM
5 33	3 30	1 25	8 42	6 35	15.3	A. Wailuku..L	6 40	8 50	1 30	3 35	5 38
5 23	3 20	1 15	8 30	6 25		L... ..A	6 50	9 00	1 40	3 45	5 48
5 20	3 17	8 27	12.0	A. Kahului..L	3.3	6 52	1 42	3 47
5 10	3 07	8 17	L... ..A	L... Spreck...A	7 02	1 52	3 57
5 09	3 05	8 15	8.4	A... ..L	6.9	7 03	1 53	3 58
5 00	2 55	8 05	5.5	L... ..A	9.8	7 15	2 05	4 10
4 58	2 53	8 03	L... ..L	A... ..L	7 17	2 07	4 12
4 52	2 47	7 57	3.4	L... ..A	7 24	2 14	4 19
4 51	2 46	7 56	L... ..L	A... kuapoko...L	11.9	7 25	2 15	4 20
4 45	2 40	7 50	L... ..A	L... ..A	7 33	2 23	4 28
4 44	1 39	7 49	1.4	A... ..L	13.9	7 35	2 25	4 30
4 40	2 35	7 45	0	L... Haiku..A	15.3	7 40	2 30	4 35

PUUNENE DIVISION

TOWARDS PUUNENE

3	1	Distance
Passenger	Passenger	Miles
PM	AM	
2 50	6 00	0
3 00	6 10	2.5

STATIONS

L... Kahului..A
A... Puunene..L

TOWARDS KAHULUI

2	4	
Distance	Passenger	
Miles	AM	PM
2.5	6 22	3 15
0	6 12	3 05